

## **GARNER POLICE DEPARTMENT POPAT COURSE**

The Garner Police Department POPAT course is as follows:

1. Officer is seat-belted in the driver's seat of vehicle with hands on steering wheel. He is given two (2) street names.
2. On the fitness instructor's command "Go" the timed event begins.
3. Officer removes the seatbelt and exits the vehicle.
4. Officer runs (or walks) 100 yards and returns 100 yards to the front passenger's side door of vehicle.
5. Officer opens the vehicle door, removes seat-belted dummy from vehicle and drags the dummy 50 feet to staircase placing the subject on ground. (Body drag must be done walking backwards while grasping subject under both arms).
6. Officer scales and circles the staircase to the right 3 times, touching every step traveling up and down.
7. Officer runs from the staircase 25 feet to a 50 pound weighted door.
8. Officer pushes through the door using the entire side of their body.
9. Once through the door, officer drops to the ground and performs 20 push-ups and 20 sit-ups.

(Note: push-ups and sit-ups must be done in accordance with demonstrated standards as determined by the fitness instructor monitoring the officer's performance).

10. Officer runs back to the staircase and scales and circles the staircase to the right 3 times, touching every step traveling up and down.
11. Officer runs from the staircase 25 feet to the enclosed tube and crawls through the tube. The flashlight must be on and must be used during the crawl portion of the course.
12. Once out of the tube, the officer drops to the ground and performs 20 push-ups and 20 sit-ups (push-ups and sit-ups are counted by a fitness instructor).

(Note: push-ups and sit-ups must be done in accordance with demonstrated standards as determined by the fitness instructor monitoring the officer's performance).

13. Officer then runs (or walks) 100 yards and returns 100 yards to the passenger's side of vehicle where a dummy is leaning on the vehicle.
14. Officer grasps and drags the dummy 50 feet to the staircase, placing the dummy on the ground.
15. Officer must recite the two street names provided at the beginning of the test precisely in the order they were given. Once the two names are given in the correct order, time is stopped.

If the officer cannot give the correct names in the order they were given, the officer must instead run (or walk) an additional 100 yards down and 100 yards back before the time can be stopped.

However, if at any time during this 100 yard run/walk the officer remembers their street names in the correct order, they can call those street names out and, if correct, the time will be stopped.